








Birth Control	How to Use	Prescription Needed	Protects Against STD's	Can you take while breastfeeding
Monthly Oral Contraceptive (the Pill) 	Take one pill every day as directed.	YES	NO	YES, Progesterone only
Patch 	Apply patch on skin once a week for three weeks during week four no patch is used	YES	NO	NO
Vaginal Ring 	Insert ring vaginally once a month for three weeks, during week four take ring out.	YES	NO	NO
Depo-Provera Injection 	Get injection every three months	YES	NO	Yes
Intrauterine Device (IUD) 	Inserted in the uterus. Most IUD's are good 3-5 years	YES	NO	YES
Implant (Nexplanon) 	Implanted under the skin of the arm and can last up to 3 years.	YES	NO	YES
Male Condoms 	Partner must wear every time during intercourse	NO	YES	YES